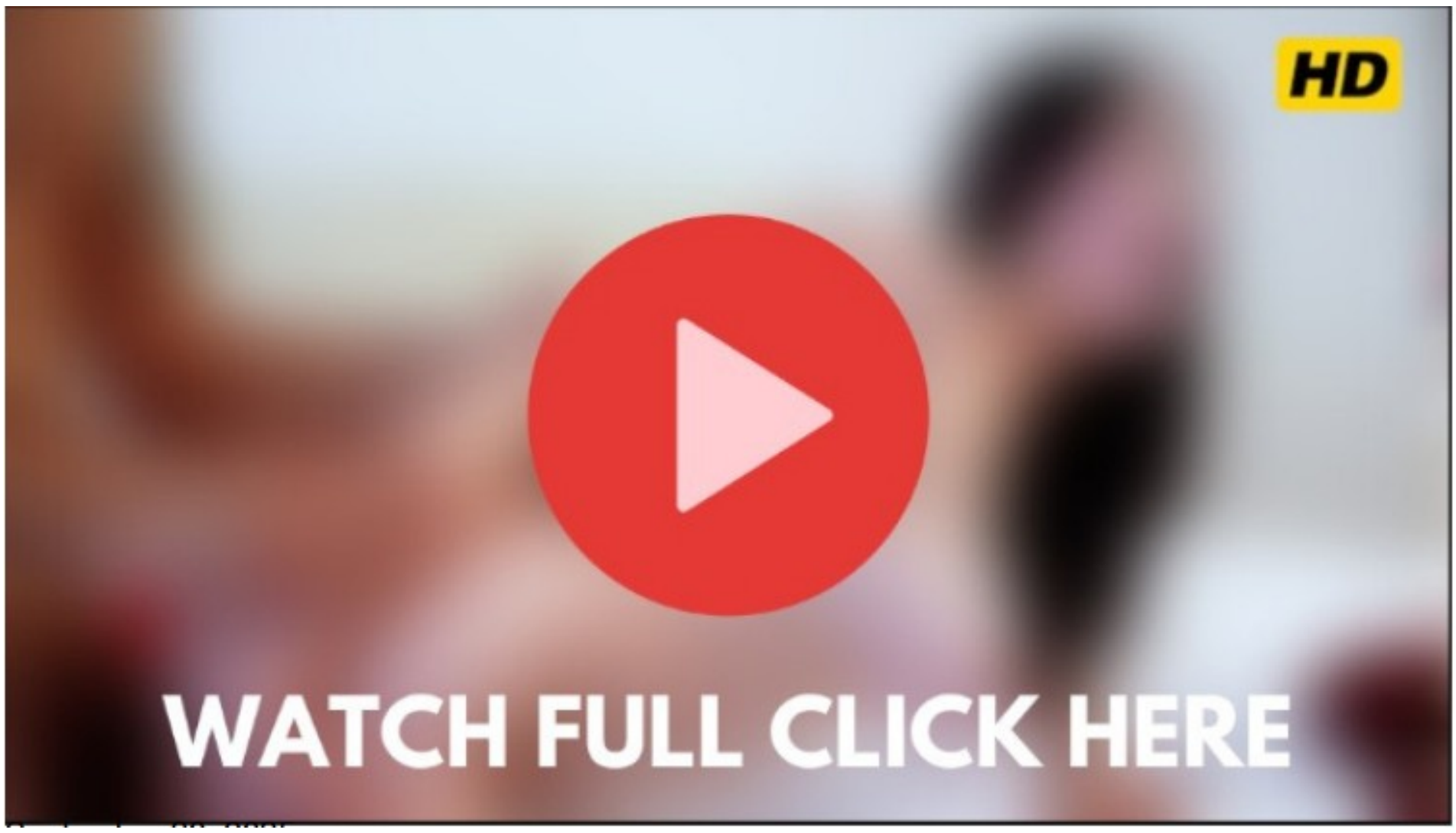Vifaral 8 menit